



National Amateur Body Builders' Association Inc.

NABBA

New Zealand

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Well it feels like we whizzed up a protein shake and now it's March!! We held an Annual NABBA NZ Congress, as we do each year in the last week of January, and with a few tweaks, changes and new faces in the NABBA Team, and the start of the comp calendar for 2009 quickly approaching, it is timely to update you all on what's happening, changing and improving for the year ahead.

Firstly we have a few 'changes of guard' around the country, as we see some of our Regional Representatives moving on for various reasons. This is a natural flow of any voluntary association, and we sadly say farewell to some people that have been a huge asset to NABBA over the years. But in the same breath it is always refreshing to bring in new enthusiastic people that are passionate about our sport.

After many years in the NABBA Team, Warren Thin is retiring from his NABBA Canterbury position and NABBA NZ Executive Position. Warren has been involved with NABBA for over twenty years. Starting out as an athlete attaining Mr. New Zealand Titles and International recognition, for the past fifteen years he has been holding the fort 'down south', running events in Christchurch. After a few health problems, Warren is fighting fit and has new business ventures planned for the year ahead so we are sad to see him go, but wish him all the best. Stepping into the position is Kingsley Hannah, who has been involved for the past four years assisting Warren, and you may also know him from 'the voice on the stage' as the compere at many of the Christchurch shows, so we welcome him to the NABBA Team as the NABBA Canterbury Representative, and NABBA NZ Executive.

Long time competitor and more recently our NABBA Hawke's Bay Representative and NABBA NZ Executive Position, Vicki Tucker is retiring from her role. As an avid bodybuilding enthusiast, we are sure to continue to see the bubbly personality at shows in the future. We welcome Andrew Murray and Greg Mawson, who have been jointly appointed as NABBA Hawke's Bay Regional Representatives, and NABBA NZ Executives. Andrew and Greg are both competitors and we look forward to working with them on the other side of the stage.

From the Taupo, Pete and Dee Sowter who have been the NABBA Bay of Plenty Representatives for the past five years, are retiring from their position in NABBA BOP and taking leave of absence from their NABBA Executive Position's, due to their relocation to Wellington, but sure to be seen around and about on the Judging Panels. We wish them all the best in their new adventures in Wellington. We welcome to the crew, Marty Niao who has been appointed as NABBA Bay of Plenty Regional Representative, and a NABBA NZ Executive.

Our gratitude is expressed to those above named Regional Representatives that are moving on this year, for their contributions to NABBA NZ and in their respective Regions and the promotion and development of Bodybuilding in New Zealand. As a volunteer association, it is sometimes forgotten how much personal time and energy these people put in, to provide opportunities in their Regions and in our sport of BodyBuilding as a whole. So it really is a very BIG THANK YOU!!!

Also developments in Wellington, after a year of working away as Neville's trusty sidekick...or backbone...haha jokes! Maeve Agnew is taking on an official appointment, as co-representative of NABBA Wellington with Neville Brown, and NABBA NZ Executive Role. We welcome her to the Team.

It is with enthusiasm we welcome Andrew, Greg, Kingsley, Maeve and Marty to the NABBA NZ Executive, and their appointments in their Respective Regions. It is always refreshing to bring in new energy and new faces to the mix, and we feel confident that these new faces in NABBA are passionately behind the sport. So we are looking forward to the year ahead, and working together in the development of Bodybuilding in New Zealand. Contact details for your Regional Rep are available on the respective Regional Pages on the NABBA NZ Website.

It is also at this time we take a look at the year that was 2008 in Review...as always ups and downs, bumps and bruises...but on a whole another great year...

First up on the International sector was the 2008 Asia Pacific Championships, in April, held for the second year of this event, in the beautiful Philippines, on the island of Cebu. We had a strong Team representing NZ, uniquely an all female, Physique Women Team. Again it was great experience for all the competitors and a very exciting opportunity for those development athletes taking a first step onto the 'International Stage'. Great results for the team, with our 'poser extraordinaire' receiving a standing ovation! Rebecca King; 3rd Physique Women, Wendy Sole; 4th Physique Women, Jill Clark; 6th Physique Women, Carol Gooch; 7th Physique Women, Colleen Sloane; 9th Physique Women, Saul Nelson; Arrived in the Philippines, but was unable to compete with an urgent return to NZ.

The 2008 World Championships were held in Eretria, Greece in June. The nine strong NZ Team traveled to beautiful Greece (Alas Marianne was troubled not to be one of them..ahehe) did very well. Again very strong representation from the women, all athletes enjoyed the experience and represented NZ very well with great results.

2008 Ms World Physique	Naera Johnson
2008 Ms World Senior Figure	Tarren McCall
2 nd Figure Short	Rose Lowery
2 nd Senior Figure	Rachel Radich
2 nd Mixed Pairs	Conrad & Rose Lowery
3 rd Physique Women	Donna Knowles
3 rd Senior Figure	Lorraine Terris
3 rd Figure Tall	Emma Thompson
4 th Figure Tall	Parekura Herewini
5 th Athletic Tall	Conrad Lowery

The annual, 2008 International PRO-Am, held Palmerston North was a strong competition among all classes. Tom Wojcik (Auckland) was in excellent form to take out the Pro-Am Mr. Athletic, fiercely challenged by Andrew Murray (Hawkes Bay). Good improvements were also made by Paul Mountfort (Bay of Plenty) with his first step onto the International stage. Annette Gallaher (Canterbury), was seriously challenged by Karen Kelly (Westport) and Kym Carter (Auckland), but showed her class by taking out the Pro-Am Ms. Figure. Other competitors in the strong figure line-up included; Michelle Middleton (Hawkes Bay), Janine Haywood (Auckland) and Emma Thompson (Auckland), although a little bit 'light' enjoyed the experience of competing at this level and coming up against Ms. Universe Annette Gallaher. Mark Anderson (Nelson Bays) was in amazing competition, and really does live up to his Mr. Universe Title. Great competition between Stan Tautalanoa (Auckland) and Tony Holland (Wellington), with Stan coming through and placing 2nd. Good to see young Matoe Vaihu (Auckland) giving it a go at this level. Results:

<u>Mr. Pro-AM Athletic</u>	<u>Tom Wojcik</u>
2 nd Athletic	Andrew Murray
3 rd Athletic	Paul Mountfort
<u>Ms Pro-AM Figure</u>	<u>Annette Gallaher</u>
2 nd Figure	Karyn Kelly
3 rd Figure	Kym Carter
4 th Figure	Michelle Middleton
5 th Figure	Janine Haywood
6 th Figure	Emma Thomson
<u>Mr. Pro-AM Physique Mark Anderson</u>	
2 nd Physique	Stan Tautalanoa
3 rd Physique	Tony Holland
4 th Physique	Matoe Vaihu

The 2008 Universe Championships scheduled for November, in Mumbai, India, was cancelled in early November due to the major sponsor of the championships pulling out at short notice. This has never happened before and at such short notice an alternative was not available, this was a huge disappointment to everyone. We had possibly the best New Zealand Team ever assembled to represent NZ at an International event. Before the Nationals 26 athletes were ready to go, where possibly another 10 athletes may have been selected. We apologise to all those athletes who were on the NZ Team, it was certainly one of the hardest moments for us in the history of our time in the sport, to break that news to you all.

The 2008 New Zealand National Championships held in October, in Auckland was a great showcase of the quality we had seen throughout the year. A great show, with an excellent standard across all classes. Mark Anderson (2007 Mr. Universe) was a guest poser, was a good addition to the show, and definitely highlighted another level amongst the athletes. Congratulations to all athletes who got up there and competed, representing your region, and competing at the highest National level.

Mr and Ms NZ National Champions

Mr NZ Athletic	Tom Wojcik (AUCK)
Ms NZ Physique	Helen Aloiai (AUCK)
Ms NZ Figure	Katrina Hall (AUCK)
Mr NZ Physique	Nathat O'Hearn (WAIKATO)
Ms NZ Shape	Teresa Edwards (WAIKATO)

Class Winners:

Shape Women	Teresa Edwards
Senior Figure 35+	Cathy Orevich
Senior Figure 45+	Marilyn Connolly
Novice Figure Short	Fiona Wallace
Novice Figure Tall	Eve Dombroski
Open Figure Short	Jody Walford
Open Figure Tall	Katrina Hall
International Figure	Janine Haywood
Senior Physique 35+	Wendy Rowe
Senior Physique 45+	Moira Lavendar-Ashburn
Novice Physique Women	Karen Bishop
Open Physique Women	Bev Walton
International Physique Women	Helen Aloiai
Masters Athletic	Keri Onyewu
Novice Athletic Short	Stefan Preddy
Novice Athletic Tall	Conrad Lowery
Open Athletic Short	Andrew Murray
Open Athletic Tall	Paul Mountfort
International Athletic	Tom Wojcik
Masters Men 60+	Michael Pouhila
Masters Men 50+	Steve Quinn
Masters Men 40+	Ken Rasmussen
Junior Men	Dylan Stephens
Novice Physique Men Short	Nigel Jenkins
Novice Physique Men Tall	Tony O'Connor
Open Physique Men Short	Stan Tautalanoa
Open Physique Men Tall	Nathan O'Hearn
Mixed Pairs	Conrad and Rose Lowery

NPC National Provincial Challenge was won by Auckland, with second place going to the Bay of Plenty, and in third place Nelson.

We would also like to record the athletes awarded with recognition in the NZ Hall of Fame (2007 – 2008)

Mark Anderson	2007 Mr. Universe Physique
Annette Gallaher	2007 Ms. Universe Figure
Richard Parnham & Annette Gallaher	2007 Mr. & Ms. Universe Mixed Pairs
Delaine Patterson	2007 Ms. Universe Figure Tall
Naera Johnson	2008 Ms. World Physique
Tarren McCall	2008 Ms. World Senior Figure

Okay onto the serious stuff, there are numerous class changes, so read through, some of this will effect you directly...that is for the better we believe!

Masters Men 60+

We offered the Masters Men a 60+ class if athlete numbers could support it. This was successful, and so we are introducing a third Physique Men's Age Group Class. There will be an amendment in the **Rule Book** to include: Class 3: 60 years and over on the day of competition. Identification will be required. This Class will apply Masters Physique Class only, and will be effective as of the first 2009 Competition

Teenage Men / Teenage Women

The 'Secondary School' terminology/name has been deleted and replaced with 'Teenage Men' and 'Teenage Women'. There will be an amendment in the **Rule Book** to include: Teenage Men / Teenage Women: Must be under 20 years of age on the 1st of January, of the year of competition. Identification will be required.

This class will be effective as of the first 2009 Competition

Novice Status

An addition to the **Rule Book** will be made for clarification of the status of a Novice athlete that competes at an International Level.

Rule 15.1.4: Novice athletes representing NZ at an International Event (i.e. NABBA World, NABBA Universe) will gain International status, which will remain current for two years (from the date of the competition).

Rule 15.1.5: Novice athletes INVITED to represent New Zealand at a NABBA International PRO-AM or ASIA PACIFIC Championships will retain their Novice Status for that year of competition.

Fitness Model

This year we are introducing a Mr. Fitness Model Class. The criteria will be the same as that for the Ms. Fitness Model Class.

The three Judging Rounds for Fitness Model will now be condensed into Two Judging Rounds. The **Information Book** will be amended and will now read as follows:

5. Fitness Model

5.1 Class Description

- 5.1.1 There is a Mr. Fitness Model Class and a Ms. Fitness Model Class
- 5.1.2 This is a Fitness Competition and not a Bodybuilding Competition
- 5.1.3 Fitness Competitors may also enter a Bodybuilding Class at the same show
- 5.1.4 Athletes should have good to excellent muscle tone with clean, tight lines and appear to have a reasonable level of body fat.
- 5.1.5 Routines must show energy in a dance or fitness style.

5.2 Round One: Individual Routine

- 5.2.1 Athletes line up on stage, and go through four quarter turns to the right.
- 5.2.2 Athletes complete Individual Routines of 90 seconds duration.
- 5.2.3 Athletes are encouraged to include talents or interests they may have, such as dance, martial arts, gymnastics, jump-rope etc.
- 5.2.4 Props may be used
- 5.2.5 Fitness costume must be appropriate to routine.

5.3 Round Two: Dress

- 5.3.1 Evening Wear, Cocktail or 'After Five' Wear
- 5.3.2 Walk onto stage individually
- 5.3.3 Model turn and walk to rear of stage
- 5.3.4 Model turn and walk to centre stage
- 5.3.5 Walk to line-up

5.4 Judging

- 5.4.1 The Regulation Judging Rounds apply
- 5.4.2 Judging is scored by ranking
- 5.4.3 In the event that there is a draw, ranking on the Fitness Routine will be the decider.

Shape

There will be one new stance entered to Round One: Symmetry and Required Stances. There will be an amendment in the **Rule Book** to include:

6.2.4 Rear Stance Arms Down

Competitor Responsibilities

There are some changes to the Competitor Responsibilities; these will be adapted in the **Rule Book** and **Information Book**. It won't hurt anyone to re-hash over these responsibilities... with the objective being that all shows are run smoothly, and all athletes are happy! The **Rule Book** will be amended and will read as follows:

20. Competitor Responsibilities

To assist in making the Judging Rounds and the Evening Show Finals as smooth running as possible, competitors are expected to observe the following:

- 20.1 **Adhere to appointed Check-In, Judging and Show times.** Running times of both events, particularly Judging, can vary slightly. Give yourself built in allowances to meet this and to make all necessary preparations.
- 20.2 Appear in your best possible condition.
- 20.3 Make sure your nominated height class is the correct one.
- 20.4 Wear neatly cut trunks or costumes.
- 20.5 **Don't spoil your appearance with badly applied tanning product, or too much oil.**
- 20.6 **To provide Routine Music that has been cut and cued to no more than 60seconds on CD. Only the routine music should be on the CD. DO NOT USE MP3 or CD-RW Format (these formats do not play in all sound systems) ALWAYS ensure your music is of high quality.**
- 20.7 Be prepared mentally for lengthy wait if your class is at the end of the Class Running Order.
- 20.8 Consider bringing your own food to the Judging. Some venues may not have the food you want, or it may prove too expensive.
- 20.9 Athletes will be limited to one support person backstage. A support person is required to have an event ticket, as required by anyone (excluding competitors and NABBA Officials) attending the event.
- 20.10 Conduct yourself in a manner befitting a bodybuilding event, and as a representative of your region.
- 20.11 Consult a NABBA Official if any problem arises.
- 20.12 Enjoy your experience.

Athlete Responsibilities

With the strict time structure in place this year, a reminder to all athletes to:

- Be on time for Check-In. No entries will be processed after 11.00am

- Be on time to go on stage, Backstage Marshals work hard to keep things running smoothly backstage, please respect them and work in with them.
- Be respectful and considerate to all athletes and officials, the events should be enjoyable for all, bad attitudes aren't necessary.

Props, Routines and Symmetry Rounds

Fitness Model

- Athletes can compete in this class, plus compete in a bodybuilding class at the same competition.
- Props are allowed in the Fitness Model Class

Shape

- Props are allowed in the Shape Class, but should not cover the body. (I.e. no capes, wraps etc)
- Competition Bikini to be worn in both rounds of competition
- Athletes should NOT do bodybuilding poses in their routines.

Figure

- No props allowed in the Figure Class.
- Routine to be done in competition bikini. (I.e. no wraps, skirts, shorts etc.)

Symmetry Rounds

Athletes must completely face the position as directed. For Example, front; the chest, hips and knees should face the front. Side; chest, hips and knees should be facing the side called. NO TWISTING IS PERMITTED.

Mixed Pairs

The Judging of Routines, which was introduced last year, has been well received by competitors and Judges. This will continue to be Judging Criteria in 2009.

Competition Guidelines

Rule 18.1: NABBA Registration and contest **Entry Forms must be completed and returned to the Show Organiser or their nominee, at least one week before the competition.**

Rule 18.8: **Athletes are expected to select the most appropriate class.** That is, if you have ever competed as an 'open' athlete – you must compete as an open athlete, regardless of what association this may have been with. Make sure you are in the correct class, if you are unsure contact NABBA HQ, or your Area Representative.

NABBA Judges Course Structure

We had good numbers signing up for Judging Courses in 2008. This was very positive, and we would like to see this continue to develop in 2009. To be a Judge, is a very important role in the competition structure. It is both an opportunity to be involved in the sport without stepping on stage, and also an insightful development for competitors to diversify their involvement in the sport, and in most cases deepen their understanding.

So if you're thinking Judging could be for you, the first step is to do a Judging Course, these are run in combination with the shows. Make contact with NABBA HQ to express your interest.

Judges Course Dates 2009

Northern Course Saturday May 2nd, Auckland
 Central Course Saturday July 18th, Bay of Plenty
 Southern Course Saturday August 1st, Hawke's Bay

Part One: Theory (The night before the show, or morning where practical)

Part Two: Practical (Judging Rounds One and Two)

Part Three: Debrief (Immediately after Judging Rounds)

Regional Reports

NABBA Auckland

Congratulations to the athletes from Auckland on winning the 2008 NPC. Counties Manukau will not be held in Otara in 2009, the venue is to be confirmed shortly. The North Harbour Championships will be back at Belmont in 2009. The Bruce Mason Theatre has become too expensive so the 2009 Nationals will be held in Takapuna, at the Westlake Boy's High School in Auckland.

NABBA Waikato

A good year, best show to date in the Region with fifty-five competitors. The Waikato Team that went to the Nationals performed really well. Marketing and using the same venue has paid off, with good crowd attendance, and good sponsorship support in 2008. The venue has become too expensive though, so we are looking for an alternative venue for the scheduled date (this will be confirmed asap)

NABBA Bay of Plenty

New appointment Marty in the region is very positive, and he has already been very proactive. The 2009 date of 18th July has been well received. Marty is circulating posters and making contact with various gyms in the region. 2009 Should pack out the Little Theatre in Whakatane.

Hawkes Bay

New appointment of Andrew Murray and Greg Mawson in the region is very positive. The guys will start making contact in the larger area of Hawkes Bay and the gyms in those areas. The 2008 show was successful with a sell out crowd.

NABBA Wellington

Being a new Area Rep was a big learning curve for Neville. It was a good show, well organized, good sponsorship support and plenty of positive feedback. There is a new venue for the Wellington Championships this year; The Horticultural Centre in Lower Hutt on the 10th October. A Bodybuilding seminar was held in Wellington in 2008, aimed at promoting the sport of bodybuilding, attended by NABBA and NZFBB Officials. Similarities and differences between the associations were explained. A very big thank you to Maeve Agnew for her enthusiasm and hard work throughout the year.

NABBA Nelson Bays

Very positive and exciting to hold the 2009 show in Blenheim, the new venue is bigger and better. There was good sponsor support in 2008 and a good standard of athletes, but would still like to see larger athlete numbers and more support from around the South Island.

NABBA Canterbury

As aforementioned Warren Thin is retiring, and the appointment of Kingsley Hannah brings changes and developments. It will be a big year ahead with the International Asia Pacific Championships being held for the first time in NZ, being held in Christchurch, in conjunction with the Christchurch Classic in April. The venue has been booked for the Championships; the Aurora Centre at Burnside High.

NABBA Manawatu

We tried out a new venue in 2008; The Speirs Centre at the Palmerston North Boys High School, turned out to be a great venue, a good size and more centrally located in town. Athlete numbers competing at the Manawatu Regional are still a bit light. There was definitely a surge of local athletes coming through in the Manawatu area, really positive to see athletes coming together from Palmerston North, Feilding and Marton to form a supportive Manawatu Team, the Team did very well competitively through the year, and we look forward to seeing the Team back at it in 2009.

2009 Asia Pacific Championships

After two successful years in the Philippines, the 3rd Annual Championships is in NZ. This show will be held in Christchurch, in conjunction with the Christchurch Classic on the 11th April 2009. Invitations have been sent out to Internationals overseas, as well as New Zealand athletes. At this stage we have had confirmation from Holland, India and the Philippines. To date thirteen New Zealanders have confirmed and nine Judges. Entries close March 10th.

2009 New Zealand National Championships

With new Regional Appointments, the NZ National Championships are back in Auckland this year. The Nationals will be held on Sunday 25th October, at Westlake Boys High School.

International Calendar 2009 - 2010

2009 World Championships	Spain
2009 Universe Championships	Spain
2010 World Championships	Holland
2010 Universe Championships	Spain

Stepping outside your Region

Athlete numbers were a bit lighter across all competitions last year. We encourage you, the athletes to do more than one competition a year, and do some shows outside of your region allowing you to compete against athletes in other areas, and help in the development of your sport.

Show Schedule

The Show Timetable has been standardized, after the positive implementation of the later, 1.00pm Judging Rounds. The Standard Schedule for all shows is as follows:

Athlete Check-In	10.00am – 11.00am (Strictly NO Check-Ins after 11am)
Administration	11.00am-11.30am (i.e. Running Order / Show Program compiled)
Athlete Briefing	11.30am – 12.00noon
Athlete Preparation	12.00noon – 1.00pm (Athletes allowed backstage for prep)
Judging Rounds	Start promptly 1.00pm
Evening Show	Start promptly 6.30pm

Tra lalalala la la la.....bo boop e do boop ☺